

## Healthy food swaps

### Early childhood services

Small changes can make a big difference to the foods and drinks in your early childhood service.

Try swapping some ingredients or meals on your menu for these healthier alternatives, to make the foods and drinks available more nutritious for young children.

## Healthy food swaps

| Swap these foods...                                 | ...for these healthier options   |
|---|--|
| Salami, kabana, Strasburg, Devon or middle bacon    | Lean ham, canned fish in spring water, sliced chicken or turkey breast |
| Sausages and sausage mince, frankfurts and hot dogs | Lean burgers, lean beef or lamb mince, lean beef                       |
| Sausage rolls and pies                              | Baked beans on toast, mini pizza faces, toasted sandwiches             |
| Jelly   | Fruit yoghurt, fruit platter, canned fruit or custard                  |
| Chips   | Baked pita wedges  |

| Swap these foods...                | ...for these healthier options   |
|------------------------------------|--|
| Cakes and sweet biscuits           | Fruit toast with ricotta and berries, pikelets, wholemeal muffins            |
| Potato gems                        | Jacket potatoes, sweet corn, falafel   |
| Ice creams and icy poles           | Frozen fruit pieces, fruit smoothies, fruit yoghurt                          |
| Juice and cordial                  | Water, plain milk  |
| Cream, sour cream or coconut cream | Reduced fat coconut milk, evaporated milk, ricotta cheese or natural yoghurt |
| Butter, cophu, ghee or lard        | Mono- or poly-unsaturated oil, margarine                                     |

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